

HOMEOPATHIC REMEDIES FOR SINUSITIS

Top 5 remedies to help with sinusitis and sinus pain.
Note your symptoms and find the remedy which matches closest.

KALI BICH

Mucus which is **thick, sticky**, yellow **clogs up** the nose and sinuses – this mucus is very difficult to expel. Sensation of obstruction or pinching at the bridge of the nose. **Frontal sinus pain** often with headaches, with a desire for **pressure** on the **forehead** and beneath the eyes (**maxillary area**). Mouth breathing and a nasal sounding voice with severe symptoms.

WORSE for: Breathing in cold, damp air, sleep, bending forward

BETTER for: Warmth in any form, firm pressure to sensitive area, moving about

Hepar Sulph

VERY painful sinusitis with thick yellow-green discharge with the aroma of **old cheese**!! There will be sneezing with an irritating feeling of an obstruction in the nose. Exposure to cold air can trigger symptoms and make existing symptoms much worse. Sinuses and bones will be **tender to touch**. This patient will just want to be left alone, when fussed over they will become very irritable.

WORSE for: During the night, cold, drafts, wind, being disturbed, any kind of physical effort

BETTER for: Warmth, moist air, wrapping up

Mercury

Bones around the nose are painful and feel **swollen** with **pain** in the frontal **sinus and cheeks**. Green-yellow discharge which is thick causing soreness and rawness. **Metallic taste** in the mouth and breath smells foul, grey coated tongue. There will be sneezing and nosebleeds. Sinus symptoms developing **after frequent colds**. Strong thirst for cold water. Temperature goes up and down.

WORSE for: At night, hot AND cold weather, damp, drafts, touch

BETTER for: Consistent moderate temperatures, rest

Pulsatilla

Sinus headaches and thick yellow catarrh with dry mouth and throat – **catarrh** with be “bland” (**non-irritating**). Tongue maybe yellow too. Loss of taste and smell. **NO THIRST**. Frontal sinuses will feel heavy and stuffed up. Sinus issues may develop after a lingering cold, with a cough and swollen glands. Symptoms may **come and go** or **alternate** eg. Stuffed up nose at night, daytime runs freely. Look out for the typical symptoms of Pulsatilla – emotional and weepy needing lots of sympathy. Avoid dairy.

WORSE for: During the night, rest, feeling neglected, stuffy rooms

BETTER for: cool compress applied to tender areas, gentle walks in fresh air

Nat-Mur

Sinuses will feel **dried up AND stuffed up**, cheekbones will **ache**. Nose will be sore and swollen making it painful to blow hard. Mucus will flow suddenly and be of **egg-white** consistency. Loss of taste and smell. There can be episodes of violent sneezing. Great thirst and hungry only for savoury, salty snacks.

WORSE for: lack of fresh air, getting too hot, on waking, too much exertion

BETTER for: Being left alone, peace and quiet, gentle exercise, very light meals

Dosage

Take **30c** potency **up to 4 times per day**. Take 1 remedy at a time. If symptoms do not improve after 3 doses, observe symptoms closely and match to a remedy. If, after **2-3 days** of home prescribing symptoms have not improved or become more complicated **seek help**. When we are treating ourselves and loved ones it can be hard to remain “objective” about what is going on. Assistance from a professional homeopath can help to observe symptoms which we can all too often miss.

